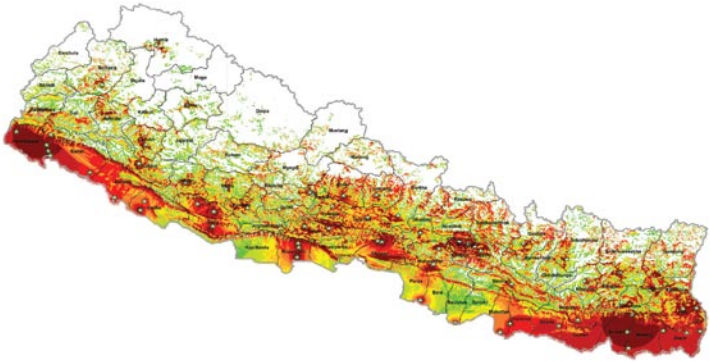
नेपालका एफ एम स्टेशनहरूको विवरण - २०६८

FM Station Directory - 2011



सहकार्य एक आपसी : हाम्रो क्षमताबृद्धि

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EQUAL ACCESS

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Logos of limited FM stations were received because of time constraint and a uniform image is placed for the stations that were unavailable.

This is a continuous process followed from 2008. For any further add-ons and update information, it can be provided to the following addresses for the next update edition.

Equal Access Nepal
P.O. Box 118, Lalitpur, Nepal
Tel: +977 1 5539138, 5013509, 5013563
Fax: 977 1 5013561
Email: eanepal@equalaccess.org
Website: www.equalaccess.org.np

Further reference to this directory are the FM signal coverage maps of each individual FM station and combined for all stations as of 14 April, 2011. Also, more information can be obtained from the website www.nepalradio.org.

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Aafno FM 104.8 MHz | 100 watts

HDCS (Human Development and Community Services)
Bidhut Road, Amargadhi Nagarpalika-5, Dadeldhura
Phone(s): 096-420720
Email: afnofm@gmail.com |Web: www.hdcsnepal.org
On-Air Date: 1/3/2065

Amargadhi FM 97.4 MHz | 500 Watts

Focus Nepal
Phone(s): 096-420752| Fax: 096-420751
Email: palpadam@yahoo.com
On Air Date: 19/6/2067

Dinesh FM 93.8 MHz | 1000 watts

Dinesh FM Pvt. Ltd.
Main Road, Dhangadi-4, Kailali
Phone(s): 091-526838, 526738, Fax:091-526701
Email: dineshfm938@ntc.net.np
Web: www.dineshfm.com
On-air date: 19/3/2064

Godavari FM 87.9 MHz | 100 Watts

Godavari Media Pvt. Ltd.
Malakheti-7, Attariya, Kailali
Phone(s): 091-551211 | Fax: 551211
E-Mail: godavarifm@gmail.com
On Air: 25/2/2068

Hamro Malika FM 107.0 MHz | 100 Watts

Malika Communication Pvt.Ltd.
Baliya-8, Lamki, Kailali
Phone(s): 091- 540012, Fax- 540013
E-Mail: malikanews@gmail.com
Web: www.hamromalikafm.com.np
On-Air Date: 28/2/2067

Kalapani FM 102.2 MHz | 100 Watts

Kalapani Community News Center
Chapre-6, Darchula
Phone(s): 093-690431, 463017, Fax: 420127
On-Air Date: 4/3/2065

Khaptad FM 98.2 MHz | 500 Watts

Khaptad Communications Pvt. Ltd.
Geta V.D.C.–7, Mohanpur, Kailali
Phone(s): 091-575315, 575314 | Fax- 575316
SMS: 4422 |Post Box: 21, Kailali
Email: radiokhaptad@hotmail.com,
radiokhaptad@gmail.com
On-Air Date: 6/9/2064

Phoolbari FM 93.2 MHz | 500 Watts

Phoolbari FM Pvt. Ltd.
Phoolbari Tole, Tikapur-9, Kailali
Phone(s): 091- 560351, 560496, Fax- 560496
Email: phoolbarifm@gmail.com
Web: www.phoolbarifm.com
On-Air Date: 24/12/2063

Radio Bajura 104.0 MHz | 500 Watts

Nepal Bal Tatha Mahila Sikshya Sahakarya (PEACEWIN)
Atichaur VDC-5, Bajura
Phone(s): 097- 541072, 541113 | Fax- 541113
Email: radiobajura104@gmail.com,
peacewin_bjr@ntc.net.np |Web: www.peacewin.org.np
On- Air Date: 12/4/2064

Radio Ghodaghodi FM 91.4 MHz | 500 Watts

Backward Society Education (BASE)
Geta-3, Attariya , Mahendranagar Road, Kailali
Phone(s): 091-550711, Fax: 550711
Email: ggfmkailali@gmail.com
On-Air Date: 12/5/2061

Radio Jana Aawaj 89.4 MHz | 500 Watts

Naya Nepal Sanchar Sahakari Sanstha Limited
Anamnagar, Dhangadi 8, Kailali
Phone(s): 091-522136, 525194

Radio Mahakali 96.2 MHz | 500 Watts

Paschim Nepal Press Academy
Mannapa,Mahendranagar-18, Kanchanpur
Phone(s): 099- 522114 | Fax: 525005
Email: radiomahakali@gmail.com
On-Air Date: 24/12/2063

Radio Ramaroshan 92.0 MHz | 500 Watts

Sudur Sanchar Samaj Nepal
Thulasain-3, Achham
Phone(s): 097- 620228, 690179 | Fax: 620014
Email: ramaroshanradio@gmail.com
On Air Date: 3/9/2064

Radio Sudur Awaj 95.0 MHz | 500 Watts

Pariwartanka Lagi Sanchar Samuha Nepal
Amargadhi-5, Bidhut Road, Dadeldhura
Phone(s): 096-420746, 420747 | Fax: 420032
E-Mail: sudoorawaz@gmail.com, sudurawaz@gmail.com
On-Air Date: 31/3/2067

Saipal Radio 100.6 MHz | 250 Watts

Group for Social Development Nepal
Hemantabada-1, Rajkot, Bajhang
Phone(s): 092- 690235, Fax- 01-4245314
Email: humanism@wlink.com.np
On-Air Date: 18/6/2061

Samudayik Radio Shaileshwari FM 105.9 MHz 100 Watts

Samudyaik Utthan Abhiyan Kendra
Dipayal Silgadi-12, Doti
Phone(s): 094-420281, 420295
E-Mail: shaileshworifm@gmail.com
On-Air: 26/8/2067

Saugat FM 103.6 MHz | 100 Watts
Mitra Sangh Baitadi
Dasharath Municipality-1, Baitadi
Phone(s): 095-520046, 520515 | Fax: 095-520046
E-Mail: saugaatfm_news@yahoo.com
On-Air Date: 26/3/2067

Seti Samudayik FM 93.6 MHz | 250 Watts
Mahila Kalyan Bachat Tatha Reen Sahakari Sanstha Limited
Martuli, Hemantabada-6, Bajhang
Phone(s): 092-421157 | Fax: 421070
On Air Date: 19/6/2067

Shuklafanta FM 99.4 MHz | 1000 Watts
Forum for Local Development (FOLD)
Bhimdatta NP, Vashi VDC (Mahendranagar-1)
Kanchanpur/ Transmitter at Nachanthali (Kailali)
Phone(s): 099- 521615, 523755, 522899, Fax- 523756
SMS: 5656 |Post Box: 28 Kanchanpur
Email: foldkan@hotmail.com,
shukalaphantafm@yahoo.com
Web: www.sfm994.com
On-Air Date: 15/9/2063

Tikapur FM 101.0 MHz | 250 Watts
Sancharkarmi Samuha
Tikapur-9, Kailali
Phone(s): 091- 560625, Fax- 560625
E-Mail:tikapurfm101@gmail.com
On-Air Date: 15/12/2064

Tribeni FM 94.4 MHz | 500 Watts
Tribeni Media Network
Dipayal Silgadi N.P. Nachanthuli -1, Doti
Phone(s): 094-420457, 420453 | Fax: 420549
E-Mail: fm.tribeni@gmail.com | Web: www.tribenifm.com
On-Air: 11/11/2067

Bheri FM 105.4 MHz | 100 Watts

Nepal Press Institute
Shantipath, Nepalgunj-17, Banke
Phone(s): 081-525727, 521604 | Fax-522469
Email: bherifm105.4@gmail.com | Web: www.npiktm.org
On-Air Date: 19/11/2062

Bulbule FM 103.4 MHz | 500 Watts

Bulbule Sanchar Kendra
New Road, Birendranagar-6, Surkhet
Phone(s): 083-523075 | Fax: 523075
Email: bulbulefm@yahoo.com | bulbulefm@gmail.com
On-Air Date: 2/2/2062

Himal FM 106.7 MHz | 100 Watts

Nawa Chetena Sanchar Sahakari Sanstha Limited.
Khajura, Birendranagar-10, Surkhet
Phone(s): 083-523240, 523241
Email: himalfm@gmail.com
On-Air Date: 25/6/2065

Indreni FM (PalPal Ko Saathi) 92.4 MHz 2000 Watts

Indreni FM Pvt. Ltd.
Ghorahi, Tribhuwan Park-10, Dang
Phone(s) : 082-561538, 562195, Fax- 561539
Email: indrenifmdang@gmail.com
On-Air Date: 5/5/2064

Jagaran FM 90.8 MHz | 500 Watts

Jagaran Multipurpose Co-operative Ltd.
Birendranagar - 6, New Road, Surkhet
Phone(s): 083-524142, 524342 | Fax-524142
Email: fmjagaran@yahoo.com
On-Air Date: 1/9/2065

Nepalgunj FM 104.8 MHz | 100 Watts

Banke UNESCO Club
Buddhabasti, Nepalgunj-2, Banke
Phone(s): 081- 524403, 527990 | Fax: 524615
Email: unesconpj@ntc.net.np
On-Air Date: 1/10/2064

Phoolbari FM 100.6 MHz | 100 Watts

Phoolbari FM Pvt. Ltd.
Santoshi Tole, Gulariya-6, Bardiya
Phone(s): 084- 420428, 421219 | Fax: 420428
Email: phoolbarifm.gularuya@gmail.com
On-Air Date: 15/8/2064

Radio Babai 106.0 MHz | 100 watts

Bardiya Samudayik Sanchar Kendra
Narayan Gopal Chowk, Guleriya-8, Bardiya
Phone(s): 084-421169
Email: radiobabai106@gmail.com
On Air Date: 1/1/2068

Radio Bageshwori FM 94.6 MHz | 1000 watts

Radio Bageshwori Fm Pvt. Ltd.
Phooltekra-7, Nepalgunj, Banke
Phone(s): 081- 526391, 521369, 523482 Fax: 526391
SMS: 3638
Email: bageshworifm@gmail.com | Post Box: 60, Banke
On-Air Date: 26/6/2061

Radio Bhek Aawaj 101.2 MHz | 100 Watts

Naya Karnali Bikash Kendra
Odanako-9, Okhle, Kalikot
Phone(s): 083-523241, Fax-523240
Email: bhekaawaj@gmail.com
On-Air Date: 25/6/2064

Radio Bheri 98.6 MHz | 500 watts

Bheri Bahuuddheshya Sahakari Sanstha Limited
Harre-3, Surkhet
Email: radiobheri@yahoo.com; radiobheri@gmail.com
Phone(s): 083- 522445 Fax: 523445
On-Air Date: 14/2/2061

Radio Bheri Aawaj FM 95.6 MHz | 500 Watts

Manavtabad Aanusandhan Kendra
Karkando Chowk-5, Nepalgunj, Banke
Phone(s): 081- 551017 | Fax: 551017
Email: bheriaawajfm@gmail.com
On-Air Date: 27/5/2061

Radio Bheri FM 102.7 MHz | 100 watts

Bheri Bahuuddheshya Sahakari Sanstha Limited
Birendranagar-6, Surkhet
Email: radiobheri@yahoo.com, radiobheri@yahoo.com
Phone(s): 083- 522445, 523445 | Fax: 523445
On-Air Date: 14/1/2060

Radio Chulimalika FM 101.8 MHz | 100 Watts

Samajik Jagran Tatha Bikash Pratisthan
Manma-5, Kalikot
Phone(s): 087- 440188, 440177
Email: rcm.kalikot@gmail.com
On-Air Date: 4/3/2066

Radio Deukhuri 105.8 MHz | 100 Watts

Chailahi Sahakari Sanstha Limited
Chailahi-2, Lamahi Bazaar, Dang
Phone(s): 082- 540019 | Fax: 540285
Email: radiodeukhuri@gmail.com;
radiodeukhuri@yahoo.com
On-Air Date: 23/1/2064

Radio Dhurbatara Samudayik FM 89.8 MHz 1000 Watts

Dhurbatara Communication Co-Operative Ltd.
Narayan Nagarpalika-1, Purano Bazaar, Dailekh
Phone(s): 089-420420, 420421
Email: dhurbatarafm09@gmail.com
On-Air Date: 9/6/2066

Radio Ganatantra Rapti 95.1 MHz | 100 Watts

Shanti Pariwartan Sanchar Sahakari Sanstha Limited
Gorahi-11, Tulsipur Chowk, Dang
Phone(s): 082-563330 Fax- 563330
Email: news.ganatantra@gmail.com
On-Air Date: 5/1/2063

Radio Gurbaba FM 106.4 MHz | 100 Watts

Prachin Srijanshil Aadiwashi Samaj
Banshgadi, Motipur-8, Bardiya
Phone(s): 081- 620222, 620223
Email: fm_gurbaba@yahoo.com
Web: www.gurbabafm.org
On-Air Date: 12/3/2065

Radio Hamro Pahunch 89.0 MHz | 500 Watts

Hamro Pahuch Multipurpose Co-operative Ltd.
Gorahi Road, Tulshipur-5, Dang
Phone(s): 082-521519, 521771 | Fax: 521771
Email: newsrhp@gmail.com
On-Air Date: 31/4/2067

Radio Highway 103.5 MHz | 100 Watts

Deukhuri Sanchar Kendra
Chailahi-2, Lamahi Bazzar, Dang
Phone(s): 082-540644, 540660
Email: radiohighwayfm@gmail.com
On-Air Date: 14/6/2067

Radio Jaljala 104.5 MHz | 100 Watts

Mandavi Multipurpose Society Development Center
Liwang-6, Rolpa
Phone(s): 086-440154, 440271 | Fax: 440154
Email: radiojaljala@gmail.com
On-Air Date: 4/11/2065

Radio Jana Awaj FM 97.3 MHz | 1000 Watts

Naya Nepal Sanchar Sahakari Sanstha Ltd.
Pushpalal Chowk, Nepalgunj-2, Banke
Phone(s): 081-551300, 551301 | Fax: 551301
Email: radiojanaawaj@gmail.com
On-Air Date: 1/4/2064

Radio Jharana 88.0 MHz | 100 Watts

Batawaran Samrakshan Ra Shantika Lagi Suchana Nepal
Tulsipur Chowk, Ghorahi-11, Dang
Phone(s): 082-562294, 562193, 562293
E-Mail: jharnanews@gmail.com

Radio Kailash FM 103.4 MHz | 50 Watts

Snowland Ekikrit Bikash Kendra
Simikot-3, Mathillo Bazaar, Humla
Phone(s): 087-680166, 680207, 680208 | Fax: 680059
Email: radiokailash103.4@gmail.com
On-Air Date: 2/13/2065

Radio Kapurkot 106.1 MHz | 100 watts

Gaun Besi Suchana Kendra
Kapurkot, Dhanwang-7, Salyan
Phone(s): 082-690259
On-Air Date: 14/03/2068

Radio Karnali 105.2 MHz | 100 Watts

Karnali Integrated Rural Development and Research Centre
Bijaya Nagar, Mahat 2 Jumla |Post Box: 20842 KTM
Phone(s): 087-520185, 01-5530279, Fax-01-5549093
Email: rkfm105.2@gmail.com | Web: www.kirdarc.org
On-Air Date: 3/3/2061

Radio Kohalpur FM 101.2 MHz | 500 Watts

Samudayaka Lagi Sanchar
Kohalpur-3, Kohalpur Bazaar, Banke
Phone: 081-541360 | Fax: 541360
Email: radiokohalpurfm@gmail.com
On-Air Date: 19/10/2064

Radio Krishnasar 94.0 MHz | 2000 Watts

Samudayaka lagi Sanchar Abhiyan
Nepalgunj-16,Srijana Marg, Banke
Post Box: 70, Banke | SMS: 7799
Phone(s): 081-527477, 527894, 527722 | Fax-527477
Email: krishnasarfm@gmail.com
Web: www.krishnasarfm.com
On-Air Date: 21/12/2066

Radio Lishne Aawaj 103.6 MHz | 500 Watts

Janasanchar Sahakari Sanstha Limited
Bijuwar-6, Pyuthan
Phone(s): 086-460440 | Fax: 460440
Email: radiolisne@gmail.com | Hot Line: 1618086460440
On-Air Date: 24/5/2066

Radio Madhya Paschim 91.4 MHz | 1000 Watts

Dang Suchana Tatha Sanchar Sahakari Sanstha Limited
Shahid Umesh Marg, Ghorahi-11, Dang
Phone(s): 082- 560854, 561590 | Fax: 560916
E-Mail: radiomp@ntc.net.np | Web: www.radiomp.org
On-Air: 1/2/2064

Radio Mugu 107.4 MHz | 100 Watts

Punar Nirman Tatha Anusandhan Bikash Kendra (RRBC)
Gamgadhi, Shreenagar-5, Mugu
Phone(s): 087- 460147 | Fax: 460147
E-Mail: radiomugu@gmail.com
On-Air Date: 19/1/2068

Radio Naya Karnali 102.8 MHz | 100 Watts

Karnali Integrated Rural Development And Communication
Manma-5, Kalikot
Phone(s): 087- 440180
Email: kidrac@wlink.com.np Web: www.kirdarc.org
On-Air Date: 23/12/2065

Radio Panchakoshi Samudayik FM 104.0 MHz 100 Watts

Panchakoshi Samudayik Sanchar Kendra
Narayan Nagarpalika-6, Kadachour, Dailekh
Phone: 089- 420355
Email: pritxabayalkoti67@gmail.com
On- Air Date: 5/8/2064

Radio Prakriti 93.4 MHz | 500 Watts

Prakritik Swrot Bwasathapan Samaj Nepal
Tulsipur Nagarpalika-6, Salyan Road, Dang
Phone(s): 082-521847, 521880
Email: programme.prakriti@gmail.com
Web: www.radioprakriti.com
On Air Date: 30/9/2067

Radio Pratibodh FM 102.4 MHz | 100 Watts

Dalit Sewa Sangh
Newroad, Kohalpur-3, Banke
Phone(s): 081-541696
Email: pratibodhfm102.4@gmail.com
On-Air Date: 27/5/2067

Radio Rapti FM 104.8 MHz | 100 Watts
Sharada Media Sangam
Khalanga-5, Danda Gaun, Salyan
Phone(s): 086- 520255
Email: radiorapti@yahoo.com
On-Air Date: 26/8/2064

Radio Rara 107.0 MHz | 100 Watts
Rara Sanchar Sahakari Sanstha Limited
Ghamgadhi-5, Shreenagar, Mugu
Phone(s): 087-460187 9848308507
Email: rararadio@gmail.com
On-Air Date: 23/2/2068

Radio Rolpa 93.8 MHz | 500 Watts
Manav Aadhikar Sachetan Kendra
Simal chautara, Liwang-5, Rolpa
Phone: 086- 680146, 440102
Email: rolpafm@gmail.com
On-Air Date: 9/4/2065

Radio Rubaru FM 104.5 MHz | 100 Watts
Rubaru Media Center
Ghositole, Nepalgunj-5, Banke
Phone(s): 081-523310, 522479 | Fax: 523310
Email: rubarufm@gmail.com, rubarunews@gmail.com
On-Air Date: 16/3/2066

Radio Salyan FM 101.0 MHz | 250 Watts
Samaj Nirmanka Lagi Chetna Tatha Sanchar Kendra
DadaGaun, Khalanga-5, Salyan
Phone(s): 088-520275 | Fax-520291
Email: radiosalyanfm@gmail.com
On-Air Date: 29/11/2064

Radio Sanibheri 100.8 MHz | 100 Watts

Sisne Multipurpose Jana Sewa Kendra
Musikot, Khalanga-1, Rukum
Phone(s): 088-530056, 530084, 530058
Email: radiosanibheri@yahoo.com
On-Air Date: 25/12/2066

Radio Saryu Ganga 104.0 MHz | 100 Watts

Sukreshwori Communication Service
Birendra Chowk, Tulsipur-5, Dang
Phone(s): 082-521954, 520871 | Fax-521954
Email: radiosaryuganga@gmail.com
On-Air Date: 4/4/2065

Radio Sharada FM 99.2 MHz | 500 Watts

Grameen Bikash Sanchar Kendra
Khalanga-5, Salyan
Phone(s): 088-520136, 520320
Email: radiosharadafm@yahoo.com;
radiosaradafm@gmail.com
On-Air Date: 1/11/2065

Radio Sisne FM 93.2 MHz | 100 Watts

Grameen Bikashka Lagi Sikshya Tatha Sanchar
Musikot, Khalanga-1, Rukum
Phone(s): 088-530171, 530153, 530156 | Fax: 530153
Email: radiosisnerukum@yahoo.com
On-Air Date: 6/3/2065

Radio Swargadwari FM 102.8 MHz | 500 Watts

Swargadwari Sanchar Kendra
Ghorahi, Nagarpalika-11, Dang
Phone(s): 082-560164, 561199 | Fax-562330
Email: radiodangfm@gmail.com; radiodangfm@ntc.net.np
On-Air Date: 9/9/2058

Radio Tulsipur FM 100.2 MHz | 500 Watts

Rapti Sanchar Sewa
Ghorahi Chowk, Tulsipur-5, Dang
Phone(s): 082-521508, 520179, 521036 | Fax-521508
Email: radiotulsipur@gmail.com, www.radiotulsipur.com
On-Air Date: 29/3/2062

Radio Xpress FM 88.4 MHz | 100 Watts

Radio Xpress FM Pvt.Ltd.
Shivamarg -12, Nepalgunj, Banke | GPO: 86, Nepaljung
Phone(s): 081-528284, 528285 | Fax: 528286
E-Mail: radioxpress884fm@gmail.com
Web: www.radioxpressfm.com
On- Air: 14/1/2068

Samudayik Radio Mandawi FM 97.0 MHz 250 Watts

Grameen Samudayik Sanchar Kendra
Khalanga-5, Malla Rani, Pyuthan
Phone(s): 086- 420212, 420213 | Fax- 420213
Email: mandavifm97@yahoo.com
On-Air Date: 5/24/2064

Samudayik Radio Pyuthan 92.0 MHz | 250 Watts

Development Media Service Nepal
Khalanga – 9, Radio Line Budachaur, Pyuthan
Phone(s): 086- 420211, 690283 | Fax-420013
Email: radiopyuthan@gmail.com
On-Air Date: 23/6/2064

Annapurna Music FM 99.6 MHz | 100 Watts
Annapurna FM Pvt. Ltd.
Gairapatan, Pokhara-4, Kaski | Post Box: 61, Kaski
Phone(s): 061-532877, 533177, 539939 | Fax: 532891
Web: www.radioannapurna.com.np | SMS: 6161
On-air date: 12/1/2067

Baglung FM 96.4 MHz | 500 Watts
Baglung Suchana Tatha Sanchar Sahakari Sansthan Ltd.
Majhkot, Baglung-2, Baglung | Post Box: 11, Baglung
Phone(s): 068-522075, 522166, 522165 | Fax: 521176
Email: baglungfm@gmail
Web: www. www.radiobaglung.org | SMS: 7799
On Air Date: 15/2/2064

Big FM 101.2 MHz | 1000 Watts
Pokhara Broadcasting Company Pvt. Ltd.
New Road-8, Pokhara, Kaski | SMS: 4321
Phone(s): 061- 535063, 535065 | Fax: 535064
Post Box: 525, Pokhara
Email: bigfm101.2@gmail.com | Web: www.fmbig.com
On Air: 8/2/2066

Butwal FM 94.4 MHz | 1000 Watts
Siddhartha Media Services Pvt.Ltd.
Kalikanagar, Butwal-12, Rupandehi
Phone(s): 071- 438573, 483574, 438575 | Fax: 438572
Email: butwalfm@hons.com.np
Web: www.butwalfm.org
On Air Date: 7/3/2059

Damauli FM 94.2 MHz | 500 Watts
Tanahun Sanchar Sahakari Sanstha Limited
Balmandir Chowk, Damauli-2, Tanahun
Phone(s): 065- 561781, 561815 | Fax: 561815
Email: damaulifm94.2@gmail.com
On Air Date: 18/1/2065

Dhawlagiri FM 98.6 MHz | 500 Watts

Dhawlagiri FM Pvt. Ltd.
Aawa Road, Baglung-2, Baglung
Phone(s): 068-520045, 522172, 522200 | Fax: 520001
Email: dhawalagirifm@gmail.com
Web: www.dhawalagirifm.com | SMS: 3638
On-air date: 27/7/2061

Gurkhali Radio 106.0 MHz | 100 Watts

Gorkha Sanchar Sahakari Sanstha Ltd.
Pokhara, Simal Chour-8, Kaski
Phone(s): 061-527414, 527415
E-Mail: gurkhaliradio@hotmail.com
On-Air Date: 18/12/2067

Himchuli FM 92.2 MHz | 500 Watts

Pokhara Bahuuddhesya Sahakari sanstha Limited
Simalchaur, Pokhara-8, Kaski | Post Box: 518, Pokhara
Phone(s): 061- 539251, 533383 | Fax: 539270
Email: himchulifm@hotmail.com
On-air date: 28/12/2057

Machhapuchhre FM 91.0 MHz | 1000 Watts

Machhapuchhre FM Pvt. Ltd.
Gairapatan-4, Pokhara, Kaski | Post Box: 559, Pokhara
Phone(s): 061-532883, 541044, 532853 | Fax: 527853
Email: machhapuchhrefm91@hotmail.com
On-air date: 28/12/2057

Madi Seti FM 105.8 MHz | 500 Watts

Bikash Manch Nepal
Safa Sadak, Vyas, Tanahun
Phone(s): 065- 561295 | Fax: 561295
Email: madisetifm@yahoo.com; foden2058@yahoo.com
On-air date: 15/1/2065

Mero Sathi FM 107.2 MHz | 100 Watts

Mero Sathi Sanchar
Abukhaireni-6, Tanahun
(Transmitter at Manakamana-3, Gorkha)
Phone(s): 065-540599, 540600
E-Mail: merosathifm@gmail.com
On-Air: 23/9/2067

Muktinath FM 90.8 MHz | 500 Watts

Palpa Sanchar Sahakari Sanstha Limited
Kailasnagar-7, Tansen, Palpa | Post Box: 6, Palpa
Phone(s): 077-521763, 521735 | Fax: 521736
Email: muktinath.fm@gmail.com
On-air date: 1/6/2061

Myagdikali FM 88.2 MHz | 500 Watts

Myagdikali Sanchar Sahakari Sanstha
Beni Bazaar-1, Aurthuge, Myagdi
Phone(s): 069-520996, 520794, 520684 | Fax: 520996
Email: myagdikali.news@gmail.com
On-air date: 1/3/2066

Pokhara FM 95.8 MHz | 250 Watts

Pokhara FM Pvt. Ltd.
Chipledhunga, Pokhara-4, Kaski
Phone(s): 061- 532583, 535237 | Fax: 533131
Email: pkrfm958@hotmail.com
Web: www.pokharafm958.com
On-air date: 24/12/2057

Radio Aandhikhola 105.4 MHz | 250 watts

Aandhikhola Sanchar Sahakari Sanstha Limited
Gyangling, Waling NP-4, Syangja
Phone(s)- 063-440285, 440038
Email- aandhikholafmr@yahoo.com,
aandhikholafmr@gmail.com
Web: www.radioadhikhola.org
On Air Date: 6/8/2064

Radio Annapurna FM 93.4 MHz | 1000 Watts

Annapurna FM Pvt. Ltd.
Gairapatan, Pokhara-4, Kaski | Post Box: 61, Pokhara
Phone(s): 061- 532877, 533177, 539939 | Fax: 532891
SMS: 6161
Email: annapurnanews@gmail.com
Web: www.radioannapurna.com.np
On-air date: 1/12/2058

Radio Arghakhanchi 105.8 MHz | 100 Watts

Samudayaka Lagi Sanchar Ra Bikash
Sandhikarkha-6, Aarghakhachi | Post Box: 1, Arghakhanchi
Phone(s): 077-420680, 420700 | Fax: 420680
Email: radioarghakhanchi@gmail.com
arghakhanchifm@gmail.com
On-air date: 30/11/2065

Radio Bandipur 88.8 MHz | 1000 Watts

Bandipur FM Pvt. Ltd.
Dumrebazar, Bandipur-1, Tanahun
Phone(s): 065-580330, 580320, 580362, 560352
Email: radio88.80@gmail.com, www.radiobandipur.com
On Air Date: 9/2/2067

Radio Barahi 99.2 MHz | 1000 Watts

Barahi Prasharan Pvt. Ltd.
Rastra Bank Chowk, Pokhara-17, Kaski | SMS: 2426
Post Box: 16, Pokhara
Phone(s): 061- 463222, 465155, 464755 | Fax: 462655
Email: barahinews@gmail.com
Web: www.barahiradio.com
On-air date: 29/7/2064

Radio Bhanubhakta FM 104.2 MHz | 100 Watts

Haraf Youth Literature Campaign
Vyas-11, Bhanubhakta Chowk, Damauli, Tanahun
Phone(s): 065-562345, 562666 | SMS: 7799
Email: newsbhanubhakta@gmail.com
Web: www.radiobhanubhakta.org
On Air: 1/10/2067

Radio Chhunumunu 87.9 MHz | 100 Watts

Chhunumunu Publication Limited
Sabha Griha Chowk, Pokhara-8, Kaski
Post Box: 347, Pokhara
Phone(s): 061-531411, 541411 | Fax: 531110 | SMS: 3638
E-Mail: info@chhunumunu.com
Web: www.chhunumunu.com
On-Air: 28/10/2067

Radio Devdaha 106.6 MHz | 100 Watts

Alliance for Community Information
Sitalnagar, Devdaha-5, Rupandehi
Phone(s): 071- 577735, 577738, 577736
Email: radiodevdaha@gmail.com
On Air: 15/3/2066

Radio Devghat 102.6 MHz | 100 Watts

Sagarmatha Media Service
Giri Dhari Tol, Devghat-2, Tanahun
Phone(s): 056-621259, 523645
Email: devghatfm@gmail.com
On Air Date: 1/10/2067

Radio Didibahini 95.2 MHz | 500 Watts

Nari Utthan Samaj
Pragati Chowk, Kusma-4, Parbat
Phone(s): 067- 421198, 421199
Email: didibahini@gmail.com
Web: www.radiodidibahini.org
On Air: 24/11/2066

Radio Gandaki 90.2 MHz | 1000 Watts

Community communication Center
Naya Bazaar, Pokhara-9, Kaski | Post Box: 395, Pokhara
SMS: 4343
Phone(s): 061- 527106, 527103, 527104 | Fax: 527105
Email: radiogandaki2064@gmail.com
Web: www.gandakimedia.com
On Air: 19/11/2064

Radio Gorkha 92.8 MHz | 500 Watts

Gorkha Bikash Tatha Sanchar Kendra
Sati Peepal Maidan, Gorkha Nagarpalika-4, Gorkha
Phone(s): 064- 420727, 421390 | Fax: 421333 | SMS: 3638
Email: radiogorkha92.8@gmail.com
Web: www.radiogorkha.org
On-air date: 16/6/2064

Radio Gulmi 91.2 MHz | 250 Watts

Gulmi Media Pvt. Ltd
Putalibazar, Tamghas, Gulmi
Phone(s): 079-520736
Email: gulmifm@gmail.com
On Air Date: 1/1/2067

Radio Jagaran 93.6 MHz| 500 Watts

Jagaran Media Center
Butwal-11 Kalikanagar, Rupandehi
Phone(s): 071-437051, 438068 | Fax: 437051
E-Mail: radiojagaran@gmail.com
www.radiojagaran.org.np
On-Air Date: 2/9/2064

Radio Kapilvastu 104.2 MHz | 100 Watts

Sunshine Samajik Bikash Sanstha
Dhankauli-9, Chetrabei, Kapilbastu
Phone(s): 076- 690873 | 560374
Email: radiokapilvastu@gmail.com
On-air date: 11/8/2065

Radio Lamjung 88.4 MHz | 100 Watts

Suchana Tatha Sanchar Sahakari Sanstha Ltd.
Beshisahar-9, Shera, Lamjung
Phone(s): 066- 520811, 520812, 520813
Email: radiolamjung@gmail.com
Web: www.radiolamjung.org
On Air: 20/3/2067

Radio Lekhnath 106.6 MHz | 100 Watts

Lekhnath Samudiyak Bikash Tatha Sanchar Kendra
Sundari Bazaar-3, Lekhnath, Kaski
Phone(s): 061-560613
E-Mail: radiolekhnath@gmail.com
On-Air: 17/10/2067

Radio Lumbini 96.8 MHz | 2000 Watts

Lumbini Suchana Tatha Sanchar Sahakari Sanstha Limited
Annandavan, Manigram-3, Rupandehi
Phone(s): 071- 561003, 562014, 562012 | Fax: 561545
Email: radiolumbini96.8@gmail
Web: www.radiolumbini.org
On-air date: 27/10/2056

Radio Madhyabindu 101.0 MHz | 500 Watts

Samudayik Suchana Tatha Sanchar Pratisthan
Campus Chowk, Kawashoti-5, Nawalparasi
Phone(s): 078- 540730, 540614, 540613
Post Box: 1, Nawalparasi
Email: news.radiomidpoint@gmail.com
On Air Date: 14/6/2065

Radio Manakamana 102.4 MHz | 100 Watts

Dare Chowk Sanchar Sahakari Santha Ltd.
Manakamana Ga.Bi.Sa-3 Gorkha

Radio Manaslu 103.9 MHz | 100 Watts

Shree Manakamana Suchana Thatha Sanchar Sahakari Sanstha
Aale Bhanjyang, Aale-7, Gorkha
Phone(s): 064- 421477, 421484 | SMS: 7799
Email: radiomanaslu@gmail.com
On Air: 23/12/2066

Radio Marsyangdi 95.0 MHz | 500 Watts

Samudayik Bikash Tatha Sanchar Kendra
Triveni Tole, Besisahar-2, Lamjung
Phone(s): 066-520020, 520547 | SMS: 7799
Email: radiomarsyangdi95@gmail
Web: www.radiomarsyangdi.org
On-air date: 1/1/2064

Radio Mukti 95.5 MHz | 100 Watts

Community Campaign For Women Equality
Laxminagar, Butwal-6, Rupandehi
Phone(s): 551501, 551503, 551504 | Fax: 551502
Email: muktifm@gmail.com
On Air: 9/9/2065

Radio Myagdi 104.4 Mhz | 100 Watts

Grameen Samudayik Bikash Manch
Benibazaar, Arthunge-1, Myagdi
Phone(s): 069- 520886, 520986 | Fax: 520986
Email: radiomyagdi@gmail.com
On-air date: 17/9/2065

Radio Namaste 92.8 MHz | 1000 Watts

Namaste Nepal Sanchar Samuha Pvt. Ltd.
Butwal-12, Kalika Nagar, Rupandehi
Phone(s): 071-437955, 437957 |Fax: 071-437956
Email: radionamaste92.8@gmail.com
www.radionamaste.com.np
On Air Date: 3/11/2065

Radio Parasi 90.2 MHz | 500 Watts

Parasi Suchana Tatha Sanchar Sahakari Sanstha Ltd.
Ramgram Nagarpalika, Parasi Bazar-3, Nawalparasi
Post Box: 5, Nawalparasi
Phone(s): 078- 520504, 521045, 521046 | Fax: 520301
Email: radioparasi@yahoo.com
On Air: 3/2/2063

Radio Parbat 103.6 MHz | 100 Watts

Grameen Bikash Sachetan Samaaj
Khanigaun-2, Phalebas, Parbat
Phone(s): 067-690393
E-mail: radioparbat@gmail.com, radioparbat@yahoo.com
On Air: 15/9/2063

Radio Paschimanchal 99.4 MHz | 500 Watts

Radio Paschimanchal FM Company Pvt. Ltd.
Kailashnagar, Tansen-7, Palpa | SMS: 5432
Phone(s): 075- 521725, 522675 | Fax: 521658
Email: paschimanchal.fm@gmail.com
Web: www.pfm994.com
On-air date: 8/7/2060

Radio Republic 88.2 MHz | 500 Watts

Awadh Prakashan Pvt. Ltd.
Kalikanagar, Butwal-12, Rupandehi
Phone(s): 071-438830, 438826, 438827
E-Mail: radiorepublic88.2@gmail.com
On-Air Date: 28/3/2067

Radio Resunga 106.2 MHz | 500 Watts

Radio Resunga Pvt. Ltd.
Tamghash, Gulmi | SMS: 8181
Post Box: 102, Tamghas, Gulmi
Phone(s): 079- 520994, 521003, 521005 | Fax: 520993
Email: radioresunga@gmail.com | www.radioresunga.net
On-air date: 7/11/2064

Radio Samabeshi 105.0 MHz | 100 Watts

Aadibasi Janjati Nyayaka Lagi Sanchar Abhiyan
Butwal-11, Chauraha, Rupandehi,
Phone(s) - 071-544128, 544129, 544130
E-Mail: dream_milan2000@yahoo.com
On-Air: 1/1/2068

Radio Sarangkot 104.6 MHz | 250 Watts

Sarangkot Communication Multipurpose Cooperative Ltd.
Chipledhunga-4, Pokhara, Kaski | Post Box: 588, Kaski
Phone(s): 061- 521628, 524550 | Fax: 521629
Email: sarangkotfm@yahoo.com | SMS: 7799
On-air date: 14/12/2064

Radio Shaligram 100.6 MHz | 500 Watts

Sanchar Nepal
Shivalaya-4, Kusma, Parbat
Phone(s): 067-421207, 421208 | Fax: 421156
E-mail: radiosaligram@gmail.com
On-Air: 5/2/2065

Radio Syanja 89.6 MHz | 500 Watts

Laxmi Smriti Samudayik Pustakalya
Putalibajar Nagarpalika, Syangja Chowk-1, Syangja
Phone(s): 063- 420065, 420797, 421086 | Fax: 420065
Email: radiosyangja@yahoo.com
On-air date: 23/5/2066

Radio Tanahun 97.2 MHz | 1000 Watts

Tanahun Suchana Samaj Sahakari Sanstha Limited
Dulegaunda-9, Khairenitar, Tanahun | SMS: 7799
Phone(s): 065-570897, 570922 | Fax: 570897
E-Mail: radiotanahun@gmail.com
Web: www.radiotanahun.com
On-Air: 29/8/2065

Radio Taranga 107.6 MHz | 100 Watts

Taranga Pvt. Ltd.
Sawa Griha Chowk, Pokhara-8, Kaski
Phone(s): 061- 527100 | Fax: 527101
Email: radiotaranga@gmail.com
Web: www.radiotaranga.com
On-air date: 29/8/2065

Radio Waling 89.2 MHz | 100 Watts

AGECO Nepal
Bakhunde, Waling-2, Syangja
Phone(s): 063-440580
Email: radiowaling@yahoo.com, www.radiowaling.org
On Air Date: 14/10/2068

Rupandehi FM 102.0 MHz | 1000 Watts

Watabaran Bachau Aandolan
Puspalal Path, Sidharthanagar Nagarpalika-8, Rupandehi
Phone(s): 071- 521002, 521003, 521004 | Fax: 521005
Email: radiorup102@yahoo.com
On Air Date: 11/7/2061

Ruru FM 94.8 MHz | 500 Watts

Ruru Multimedia Pvt.Ltd.
Sringa, Gulmi
Phone(s): 9747028808
Email: ruru_fm@yahoo.com
On Air Date: 3/1/2066

Samudayik Radio Deurali 101.0 MHz | 500 Watts

Samajik Nyayaka Lagi Sanchar Aviyan
Phone(s): 077-420281, 420381 | Fax: 420681
Post Box: 7, Arghakhanchi
E-Mail: radiodeurali@gmail.com
Sandikharka - 6, Media Chowk, Arghakhanchi
On-Air Date: 7/11/2066

Samudayik Radio Buddha Aawaj 89.6 MHz 500 Watts

Kapilbastu Communication Co-operative Ltd.
Bairaya, Banganga-8, Kapilbastu
Phone(s): 076- 550180, 550181
Email: buddhaaawaazfm@gmail.com
Web: www.buddhaaawaj.com
On Air: 27/2/2066

Samudayik Radio Harmi 105.4 MHz | 100 Watts

Samudayik Radio Harmi Trust
Harmi-9, Newar Dada, Gorkha
Phone(s): 061-691650
E-Mail: radioharmi@gmail.com
On-Air: 4/3/2067

Samudayik Radio Madan Pokhara 106.9 MHz 500 Watts

MadanPokhara Village Development Committee
MadanPokhara-9, Palpa
Phone(s): 075- 521405, 520655
Email:madanpokharafm@ntc.net.np
Web:www.community-radio-madanpokhara.org
On-air date: 23/12/2056

Samudayik Radio Rampur 103.6 MHz | 100 Watts

Kaligandaki Samudayik Bikash Kendra
Saniamarai, Rampur-3, Palpa
Phone(s): 075-691517, 9747080123
Email: c.radiorampur@yahoo.com
On Air Date: 26/7/2065

Samudayik Radio Sky FM 88.4 MHz | 100 Watts

Samajik Nyay Ko Lagi Sanchar Aviyan
Buspark, Tamghash-4, Gulmi | Post Box: 111, Lamjung
Phone(s): 079- 520740, 520741 | Fax: 520742
Email: radiosky88.4@gmail.com
On Air: 23/3/2067

Sayapatri FM 91.6 MHz | 500 Watts

Nilgiri FM Pvt. Ltd.
Baglung Nagarpalika-2, Baglung | Post Box: 29, Baglung
Phone(s): 068-522252, 522253, 522448 | 522253
Email: sayapatrifm@yahoo.com
Web: www.sayapatrifm.com
On Air Date: 7/12/2063

Shreenagar FM 93.2 MHz | 1000 Watts

Shreenagar FM Pvt. Ltd.
Kailashnagar, Tansen-7, Palpa | SMS: 4343
Phone(s): 075- 521660, 521732, 521048 | Fax: 521733
Post Box: 18, Palpa
Email: shreenagarfm@yahoo.com
Web: www.shreenagarfm.com
On Air Date: 13/12/2060

Siddhartha FM 98.8 MHz | 1000 Watts

Samyak Media Pvt. Ltd.
B.P. Path-8, Siddhartha Nagar, Rupandehi
Post Box: 18, Rupandehi
Phone(s): 071- 523991, 523992 | Fax: 524690
Email: siddharthafm@gmail.com
On Air Date: 16/8/2064

Sunaulo FM 102.2 MHz | 100 Watts

Samudayik Jagaranka Nimti Hamro Aviyan (OOCA)
Chipledhunga, Pokhara-4, Kaski
Phone(s): 061-532446, 523447, 532433 | Fax: 522222
E-Mail: sunaulokhabar@gmail.com
On-Air: 1/12/2067

Tinau FM 98.2 MHz | 1000 Watts

Tinau FM and Media Pvt. Ltd
Kalikanagar, Butwal-12, Rupandehi
Phone(s): 071- 438355, 438371 Fax: 438350
Email: tinaufm98.2@gmail.com
Web: www.fmtinau.com.np | SMS: 6969
On Air Date: 1/4/2061

Vijaya FM 101.6 MHz | 1000 Watts

Vijay Samudayik Suchana Tatha Sanchar Sahakari Sanstha Limited
Vijayanagar, Gaidakot-8, Nawalparasi
Post Box: 88, Bharatpur, Chitwan
Phone(s): 056- 501405, 501404, 501406
Fax: 501407 | SMS: 5577
Email: communityradio.vijayafa@gmail.com
Web: www.vijayafm.org.np
On Air Date: 5/5/2061

Aakas FM 101.9 MHz | 100 Watts

Adarsha Media Pvt. Ltd.
Dryport, Birgunj, Parsa | Post Box: 19, Birgunj, Parsa
Phone(s): 051- 590004, 590008 | Fax: 590008
On Air Date: 31/1/2065

BBC 103.0 MHz

Kathmandu

Bhaktapur FM 105.4 MHz | 100 Watts

Bhaktapur FM Pvt. Ltd.
Dudhbati-17, Bhaktapur | Post Box- 111, Bhaktapur
Phone(s): 01-6619111, 6620111, 6613972
Fax- 6617111
Email: info@bhaktapurfm.com.np
Web: www.bhaktapurfm.com.np
On-Air Date: 24/1/2061

Bhojpuriya FM 92.8 MHz | 500 Watts

Devwani FM Pvt. Ltd.
Pragatinagar, Birgunj-3, Parsa
Phone(s): 051- 526400, 534113
E-Mail: bhojpuriyafm@gmail.com
Web: www.bhojpuriyafm.com
On Air Date: 1/4/2066

Birgunj Musical FM 105.8 MHz

Bikash Ra Sanchar Samaj
Murli Bagainchha-15, Birgunj, Parsa
Phone(s): 051-525099, 528599
Post Box: 55, Birgunj, Parsa
E-Mail: info@radiobirgunj.com
Web: www.radiobirgunj.com
On-Air: 2/9/2067

Capital FM 92.4 MHz | 500 Watts

Malikarjun FM Pvt. Ltd.
Saraswati Marg, Thapa Gau-34, Kathmandu
Post Box: 775, Kathmandu
Phone(s): 01- 4475345, 4475346, Fax- 4475344
Email: info@cfmonair.com | Web: www.cfmonair.com
On-Air Date: 26/3/2064

Citizen FM 94.0 MHz | 1000 Watts

Janata Broadcasting Pvt. Ltd
Maharajgunj, Chakrapath, Kathmandu
Phone(s): 01- 4721452, 4721453 | Fax: 4721454
E-Mail: info@citizenfm.com | Web: www.citizenfm.com
On Air Date: 9/5/2067

CJMC FM 106.0 MHz | 100 Watts

College of Journalism and Mass Communication
Dhumbarahi, Mandikhatar-4, Kathamandu
Phone(s): 01- 4650565, 4650566
Post Box: 23498, Kathmandu
Email: mail.cjmcfm@gmail.com
On-Air Date: 15/3/2064

Classic FM 101.2 MHz | 500 Watts

Classic FM Pvt. Ltd.
Jawalakhel, Lalitpur
Phone(s): 01- 5555139 | Fax- 5554598 |SMS: 7373
Post Box: 5660, Kathmandu
Email: classicgm@wlink.com.np
Web: www.classicfm.com.np
On-Air Date: 16/9/2052

ECR FM (Paryabaran Chakra Radio) 104.2 MHz 500 Watts

Yuwa Jagran Paryawaran Manch
Lalitpur, Godawari Chhetra, Badi Gaun
Phone(s): 01- 5560782 | Fax- 5560782
EPC: 1556, Kathmandu | Post Box: 8975, Kathmandu
Email: ecrfm104.2mhz@hotmail.com
Web: www.yaefnepal.org
On-Air Date: 1/1/2061

Gadimai FM 91.4 MHz | 2000 Watts

Bara Media Pvt. Ltd.
Panityanki, Birgunj-10, Parsa
Phone(s): 051- 529191 | Post Box: 52, Parsa
Email: fmgadhimai@gmail.com
On-Air Date: 17/9/2063

Good News FM 105.1 MHz | 100 Watts

Good News FM Pvt. Ltd.
Kumarigalli, Anamnagar-32, Kathmandu
Phone(s): 01-4770754, 01-2222481
Post Box: 25605, Kathmandu
Email: info@goodnewsfm.com.np
Web: www.goodnewsfm.com.np
On-Air Date: 10/9/2064

Gopikrishna FM Radio Filmy 101.8 MHz 500 Watts

Gopikrishna Movies Pvt. Ltd.
Gopikrishna Nagar, Chabahil-6, Kathmandu
Phone(s):01- 4822852, 4822895 |SMS- 4999
Email: info@radiofilmy.com | Web: www.radiofilmy.com
On-Air Date: 22/1/2064

Gorkha FM 93.0 MHz | 500 Watts

British Gorkha Media Network Pvt. Ltd.
Anamnagar-32, Kathmandu
Phone(s): 01- 4102548, 4102549, 4102546, Fax- 4102549
SMS- 4343 | Post Box- 13549, Kathmandu
Email: info@gorkhafm.com | Web: www.gorkhafm.com
On-Air Date: 2/12/2061

Grace FM 107.6 MHz | 100 Watts

Aashako Sandesh Nepal
Dhulikhel-6, Kavre
Phone(s): 011- 490985, 490986 | POB. NO: 11, Kavre
E-Mail: gracefmnepal@hotmail.com
On Air Date: 4/5/2066

Hajurko Radio 102.1 MHz | 100 Watts

Janasahara Sanchar Sahakari Sanstha Ltd.
Ramechap-9, Ramechap Bazaar, Ramechap
SMS: 7799
Phone(s): 994530008, 048- 540327 | Fax: 994530008
Post Box: 1, Ramechap
E-Mail: hajurkoradio@gmail.com
Web: www.hajurkoradio.org
On Air Date: 18/10/2066

Hamro FM 94.0 MHz | 2000 Watts

Hamro FM Pvt. Ltd.
Bharatpur-11, Bypass Road, Chitwan | SMS: 3638
Phone(s): 056- 532997, 532998 | Fax- 532999
Post Box: 55, Chitwan
Email: 94hamrofm@gmail.com
Web: www.hamrofm.com.np
On-Air Date: 10/4/2064

Hamro Radio 103.4 MHz | 250 Watts

The Family of Martyr's Society
Bhimeshwor, Charikot-10, Dolakha
Phone(s): 049- 421802, 421803 | Fax: 421844
E-Mail: news.hamroradio108@gmail.com
Web: www.hamroradiofm.com
On Air Date: 2/12/2064

Headlines 97.2 MHz | 500 Watts

Dewaki Prasaran Pvt. Ltd.
Pulchowk-4, Ypa Complex, Lalitpur
Phone(s): 01- 5527059, 5525144, 5528996
Fax- 5528088 | Post Box: 9783, Kathmandu
E-Mail: headlines97.2@gmail.com
Web: www.radiomithila.com.np
On-Air Date: 25/6/2064

Hetauda 96.6 FM MHz | 500 Watts

Makwanpur Media Pvt. Ltd.
Kamaldanda-4, Hetauda Makwanpur
Phone(s): 057- 524088 | Fax: 524088
Email: hetaudafm@gmail.com
On-Air Date: 24/1/2063

Hits FM 91.2 MHz | 500 watts

Hits Nepal Pvt. Ltd.
Naya Baneshwor, Kathmandu
Phone(s): 01-4780534, 4780349, 4781604
SMS: 9120, Post Box: 912
Email: mail@hitsfm.com.np Web: www.hitsfm.com.np
On-Air Date: 29/10/2057

Image FM

Image Channel Pvt. Ltd.
Lazimpat, Panipokhari, Kathmandu
Post Box: 5566, Kathmandu
Phone(s): 01-4006555 | Fax: 472303 | SMS: 7879
Email: imagefm@wlink.com.np
Web: www.imagechannels.com
(more on Annex IV)

Image News FM 103.6 MHz | 1000 Watts
Image Channel Pvt. Ltd.
Lazimpat, Panipokhari, Kathmandu
Post Box: 9851, Kathmandu
Phone(s): 01-4006555 | Fax: 4432707
Email: imagefm@wlink.com.np
Web: www.imagechannels.com

Indreni FM 97.6 MHz | 1000 Watts
Nawa Nepal Media Network Pvt. Ltd.
Shreepur-14, Birgunj, Parsa
Phone(s): 051- 529794, 529464 | Fax: 529464
Post Box: 72, Birgunj
Email: indrenifm@gmail.com
On-Air Date: 7/11/2063

Jaleshwarnath FM 90.4 MHz | 500 Watts
Samudayik Bikash Pariyojana
Jaleshwor-4, Mahottari
Phone(s): 044- 521098, 521096, 521097
E-Mail: jaleshwornathfm@gmail.com
On Air Date: 27/8/2065

Janaki FM 106.0 MHz | 500 Watts
Chetana Janakpur
Janakpur, Devi Chowk-10, Dhanusha
Phone(s): 041-527430, 527431 | Fax: 527432
Email: janakifm@yahoo.com
Web: www.janakifm.org.np
On-Air Date: 17/1/2064

Janakpur FM 101.8 MHz | 500 Watts
Sita Media Pvt. Ltd.
Janakpur-10, Janaki Mandir, Dhanusha
Phone(s): 041-520377, 522437
Email: fmjanakpur@yahoo.com
On-Air Date: 8/8/2063

Kalika FM 91.0 MHz | 500 Watts

Kalika FM Pvt. Ltd.
Bharatpur-10, Dipendranagar, Chitwan
Phone(s): 056-527158, 527159, Fax-527161
Email: kalika@wlink.com.np
Web: www.kalikafm.com.np
On-Air Date: 1/3/2064

Kalika FM 95.2 MHz | 2000 Watts

Kalika FM Pvt. Ltd.
Bharatpur-10, Dipendranagar, Chitwan
Phone(s): 056-527158, 527159 | Fax-527161
Email: kalika@wlink.com.np
Web: www.kalikafm.com.np
On-Air Date: 26/6/2059

Kalinchowk FM 106.4 MHz | 100 Watts

Ashal Shasan Jilla Samanway Samati
Chari Ghayang, Bhimeshwar, Charikot-1, Dolakha
Phone(s): 049-421774, 421775 | Dax: 421890
Email: kalinchowkfm@yahoo.com
On-Air Date: 25/7/2063

Keeps Media 98.3 MHz | 100 Watts

Keeps Media Consult Pvt. Ltd.
Kuleshwar-14, Kathmandu
Phone(s): 01-4673114
Email: keepsfm@gmail.com | Web: www.keepsfm.com
On-Air Date: 2/1/2065

Krishi Radio 105.0 MHz | 50 Watts

Dhunibesi Community Agricultural Communication Center
Naubise-1, Dharke Bazaar, Dhading
Phone(s): 016-214439 | SMS: 7799
E-Mail: krishiradio@gmail.com
On Air Date: 20/5/2066

Madesh Jana Aawaj FM 98.6 MHz | 500 Watts

Samuhik Abhiyan Tatha Janautthan Kendra
Garuda-9, Rautahat
Phone(s): 055- 565373, 565374 | Fax: 565374
On Air Date: 29/5/2064

Maitri FM 99.4 MHz | 500 Watts

Bhassara Vision Pvt. Ltd.
Lampati, Kalanki-14, Kathmandu
Phone(s): 01-4672500, Fax: 4672294
SMS: 4321 | Post Box: 4445, Kathmandu
Email: maitrifm@enet.com.np
Web: www.maitrifm.com.np
On-Air Date: 18/2/2064

Mero FM 93.5 MHz | 500 Watts

Madan Bhandari Memorial College
Dillibazaar, Kathmandu
Phone(s): 01-4425958, 4412400, 4412500
Fax: 4425958 | POB. NO: 6515, Kathmandu
E-Mail: merofm@email.com
Web: www.merofm.com.np | SMS: 7373
On Air Date: 1/1/2066

Metro FM 94.6 MHz | 500 Watts

Kathmandu Metropolitian
Goswara Marg, Kalikasthan-32, Kathmandu
Phone(s): 01-4441246, 4441247 | Fax-4441248
Post Box: 299, Kathmandu
Email: wec_1996@hotmail.com
On-Air Date: 1/6/2056

Mitthilanchal FM 105.0 MHz | 2000 Wats

Mithilanchal FM Pvt. Ltd.
Janakpur-8, Ramananda Chowk, Dhanusha
Phone(s): 041-527506, 527505 | Fax-527506
Email: mfm105@gmail.com
On-Air Date: 26/7/2064

My FM 107.4 MHz | 100 Watts

Mithila Media Center
Malangwa-10, Doorsanchae Tower Chowk, Sarlahi
Phone(s): 046-521375, 521377 | Fax: 521376
E-Mail: myfm330@gmail.com
On Air Date: 18/3/2066

Narayani FM 103.8 MHz | 500 Watts

Sashaktikaranka Lagi Anusandhan,
Chetna Ra Sanchar Nepal
Sripur-14, Birgunj, Parsa
Phone(s): 051-520288, 520588 | SMS: 4343
Email: narayanifm@gmail.com
On-Air Date: 1/8/2063

Nepal FM 91.8 MHz | 500 Watts

Rainbow FM Pvt. Ltd.
Rabi Bhawan-14, Kathmandu
Phone(s): 01-4289123, 4289121, Fax-4283895
Email: radio@nfm.com |Web: www.nfm.com.np
On-Air Date: 18/8/2061

Nepaliko Radio 88.8 MHz | 500 Watts

Nepaliko Medai Pvt. Ltd.
Gatthaghar, Madhyapur-11, Bhaktapur
Phone(s): 01-4600200, 4600600
Post Box: 19192, Kathmandu
Email: nepalikoradio@gmail.com
Web: nepalikoradio.org
On-Air Date: 26/2/2065

Newa FM 106.6 MHz | 100 Watts

Nepal Bhasha Academy
Kirtipur-1,Nyamasima, Kathmandu
Phone(s): 01-4334222, 01-2297680
E-Mail: newafm@hotmail.com
On-Air Date: 19/2/2066

Nuwakot FM 106.8 MHz | 100 Watts

Nepal Shanti Abam Bikash Kendra
Mahamandap-2, Nuwakot | Post Box: 1, Nuwakot
Phone(s): 010-561645, 630120 | SMS: 7799
Email: nuwakotfm@gmail.com
Web: www.nuwakotfm.org
On-Air Date: 20/6/2065

Pratidhwani FM 97.0 MHz | 1000 Watts

Pratidhwani Media Pvt. Ltd.
Daman-7, Makwanpur
Phone(s): 057-620466, 620477,621488
Email: news.97fm@gmail.com | Web: www.damanfm.com
On-Air Date: 8/29/2063

Prime FM 104.5 Mhz | 100 Watts

Eye Community Communication Center
Panauti, Devisthan-10, Kavre
Phone(s): 011- 441168 | POB. NO: 518, Banepa, Kavre
E-Mail: info@primefm.com.np.com
Web: www.primefm.com.np
On Air Date: 22/10/2066

Radio Aakash Ganga 88.5 MHz | 100 Watts

Niharika Media Pvt. Ltd.
Hetauda-6, Chaugadha, Makwanpur
Phone(s): 057-530310
Email: radioakasganga88.5@gmail.com
On-Air Date: 2/1/2068

Radio ABC 89.8 MHz | 500 Watts

Chetana Nepal
Thunla Chowk, Banepa-10, Kavre
Phone(s): 011-663399, 662299, Fax-663049
SMS: 7799 | Post Box: 527, Kavre
Email: info@radioabcnepal.com
Web: www.radioabcnepal.com
On-Air Date: 18/7/2064

Radio Adhyatma Jyoti 104.8 MHz | 100 Watts

FM Adhyatma Jyoti Pvt. Ltd.
Dillibazar-33, Charkhal Marga, Kathmandu
Phone(s): 01- 4442253, 4442250 | Fax-4442250
Post Box- 3390, Kathmandu
Email: fmaj104.8@gmail.com
Web: www.radioaj.com.np
On-Air Date: 19/1/2058

Radio Appan Mithila 94.4 MHz | 500 watts

Grameen Samudayik Bikash Sewa Parishad
Main Road, Jaleshwor-5, Mahottari
Phone(s): 044-521063, 521062 | Fax-521061
Email: radioappanmithila@gmail.com
On-Air Date: 2/4/2063

Radio Arpan 104.5 MHz | 100 watts

Arun Sanchar Sahakari Sanstha Limited
Ratnanagar-1, Bakulahar Chowk, Chitwan | SMS: 4455
Phone(s): 056-563330, 563332 | Fax: 563331
Email: radioarpan104.5mhz@gmail.com
On-Air Date: 28/11/2067

Radio Audio 106.3 MHz | 100 Watts

Radio Audio Pvt. Ltd.
Omkar Building, Naya Baneshwar, Kathmandu
Phone(s): 01-4781571, 4784414, Fax-4783879
SMS: 3366, Post Box: 14469, Kathmandu
Email: info@radioaudio.org |Web: www.aradioaudio.com
On-Air Date: 8/21/2064

Radio Birgunj 99.0 MHz | 1000 Watts

Parsa FM Pvt. Ltd.
Murli Bagaincha-15, Birgunj, Parsa
Phone(s): 051-525099, 528599
Post Box: 55, Birgunj, Parsa
E-Mail: info@radiobirgunj.com
Web: www.radiobirgunj.com
On-Air: 27/8/2059

Radio Chitwan 94.6 MHz | 1000 Watts

Chitwan Samudayik Sanchar Sahakari Sanstha Limited
Tandi, Ratnanagar-2, Chitwan
Phone(s): 056-562567, 562606 | Fax: 562566
Email: radiochitwan@gmail.com
Web: www.radiochitwan.com.np
On-Air Date: 1/2/2065

Radio City FM 98.8 MHz | 500 Watts

National Broadcasting Pvt. Ltd.
Gahana Pokhari-5, Kathmandu
Phone(s): 01- 4433322 | SMS: 9898
Post Box-23998, Kathmandu
Email: fmradiocity98.8@gmail.com
Web: www.radiocity.com.np
On-Air Date: 1/1/2060

Radio Dhading 106.0 MHz | 500 Watts

Grameen Sanchar Sahakari Sanstha Limited
Nilkantha-5, Puchhar Bazaar, Dhading
Phone(s): 010-520960, 520961 | Fax-520961
Email: radiodhading@gmail.com
Web: www.radiodhading.org
On-Air Date: 21/9/2064

Radio Dhurbatara FM 89.8 MHz | 50 Watts

Aam Sanchar Pratisthan (Media Academy Nepal)
Kamana Tol, Dipendranagar, Bharatpur-10, Chitwan
Phone(s): 056-533166, 523149
E-Mail: radiodhrubatara@gmail.com
On-Air: 15/2/2068

Radio Himali 101.8 MHz

Jiri, Dolakha

Radio Jalapa 104.5 MHz | 25 Watts

Society for Essential Natural Resources Protection and Peace
Kakani-3, Ranipauwa, Nuwakot
Phone(s): 993101233
E-Mail: radiojalpa@gmail.com
On Air Date: 24/7/2066

Radio Janakpur 97.0 MHz | 500 Watts

Samaj Sewa Yuwa Kendra
Pidari Chowk, Janakpur-8, Dhanusha
Phone(s):0 41-524847, 527346 | Post Box: 51, Dhanusha
Email: newsradiojnk@gmail.com
Web: www.radiojanakpur.org.np
On-Air Date: 11/7/2063

Radio Janasanchar 107.9 MHz | 100 Watts

Janasanchar Griha
Karki Gaun-6, Kavre
Phone(s): 01- 6227773 | Post Box: 19, Bhaktapur
E-Mail: r@jfm.com.np
On Air Date: 11/12/2066

Radio Jeewan Jyoti 90.0 MHz | 100 Watts

Mobile Samaj Kalyan Kendra
Mahadevpatti-4, Gauribas, Rautahat
Phone(s): 055-521490, 521491
E-Mail: radiojeewanjyoti@gmail.com
On Air Date: 7/7/2067

Radio Kantipur

Kantipur FM Pvt. Ltd.
Pulchwok-3, Lalitpur
Phone(s): 01-5541902, 5541903, Fax-5522731
SMS: 2000 | Post Box- 14360, Kathmandu
Email: kfm@kantipur.com.np
Web: www.radiokantipur.com
(more on annex III)

Radio Loktranta 89.4 MHz | 500 Watts

Samudayik Sanchar Tatha Bikash Kendra
Sugam Tole, Nilkantha-5, Dhading
Phone(s): 010-520271, 520944 | Fax: 520944
Email: radioloktantra894@gmail.com
Web: www.radioloktantra.org
On-Air Date: 1/7/2064

Radio Madhesh 89.3 Mhz | 250 Watts

Madeshka Lagi Sanchar
Ji.Bi.Sa. Chowk, Malanguwa-10, Sarlahi
Phone(s): 046- 521391, 521392 | Fax: 521393
Email: radiomadhesh@gmail.com
Web: www.radiomadhesh.org
On Air Date: 17/3/2066

Radio Madhyapurwa FM 104.0 MHz | 100 Watts

Araniko Jagran Manch
Dhulikhel-2, Buspark, Kavreplanchowk
Phone(s): 011-490770, 490650
Post Box: 15, Dhulikhel, Kavre
Email: radiompfm@hotmail.com;
madhyapurbafm@yahoo.com
On-Air Date: 3/1/2065

Radio Makwanpur 101.3 MHz | 500 Watts

Alliance for Development Nepal
Makwanpur Chowk, Hetauda-4, Makwanpur
Phone(s): 057- 526156, 526157 | Fax: 526157
E-Mail: info@radiomakawanpur.com.np
Web: www.radiomakawanpur.com.np
On Air Date: 21/3/2066

Radio Masti 87.9 MHz | 100 Watts

AD Plan Pvt. Ltd.
Sanga Height-4, Kavre
Phone(s): 011-660774
E-Mail: radiomasti87.9@gmail.com

Radio Mirmire 89.4 Mhz | 500 Watts

Mechikali Sanchar Pvt. Ltd.
Anamnagar-32, Kathmandu
Phone(s): 01-4771228, 4770136 | Fax: 4770058
Post Box: 26165, Kathmandu
E-Mail: radioimirmire@gmail.com
Web: www.radiomirmire.com
On Air Date: 24/12/2064

Radio Mithila 100.8 MHz | 1000 Watts

Dewaki Prasaran Pvt. Ltd.
Bhanu Chowk, Janakpur-1, Dhanusa
Phone(s): 041- 525108, 525109 | Fax: 525110
Post Box: 16, Dhanusha
E-Mail: radiomithila@gmail.com
Web: www.radiomithila.com.np
On Air Date: 8/1/2063

Radio Namobuddha 106.7 MHz | 100 Watts

Jugal Association Nepal
Dhulikhel-7, Kavre
Phone(s): 011- 490618 | Fax: 490619
E-Mail: radionamobuddha@gmail.com
Web: www.radionamobuddha.org
On Air Date: 12/6/2063

Radio Narayani 105.2 MHz | 500 Watts

Research Awareness & Communication for Empowerment
Geetanagar-7, Chowk Bazaar, Chitwan
Phone(s): 056-621698 | SMS: 4343
E-Mail: narayaninews@gmail.com
On Air Date: 20/8/2065

Radio Nepal

Radio Broadcasting Services Development Board
Singha Durbar, Kathmandu, Nepal
Phone(s): 01- 4223910, 4211896 | Fax: 4211952
G.P.O. Box. No. 634
E-Mail: rne@wlink.com.np; engg@wlink.com.np
Web: www.radionepal.org
(more on Annex I)

Radio Nunthar 102.6 MHz | 100 Watts

Nunthar Sanchar Sahakari Sanstha Ltd
Chandrahanigahapur-1, Rautahat
Phone(s): 055-540540 540512
E-mail: radionuntharfm@gmail.com
On Air Date: 4/12/2067

Radio Palung FM 107.2 MHz | 50 Watts

Palung Suchana Tatha Sanchar Sahakari Sanstha Limited
Angare-4, Palung, Makwanpur
Phone(s): 057- 620161, 620155 | Fax: 620155
E-Mail: radiopalung@ntc.net.np; radiopalung@gmail.com
On Air Date: 21/3/2061

Radio Rajdhani 100.6 MHz | 500 Watts

Chetana Sanchar Pvt. Ltd.
Annapurna Marg, Maharajgunj-4, Kathmandu
Phone(s): 01-4015803, 01-4015804 | SMS: 7373
E-Mail: info@radiorajdhani.com.np
Web: www.radiorajdhani.com
On Air Date: 1/6/2064

Radio Rudraksha 103.4 MHz | 100 Watts

Mahila Sashaktikaran Aviyan
Jaleshwar-5, Cinema Hall Chowk, Mahottari
Phone(s): 044- 520521, 520520, 520524 | Fax: 520523
E-Mail: info@radiorudraksha.com
Web: www.radiorudraksha.com
On Air Date: 18/7/2067

Radio Sagarmatha 102.4 MHz | 1000 Watts

Nepal Forum of Environmental Journalists
Bakhundole-1, Lalitpur
Phone(s): 01- 5528091, 5542245 | Fax: 5530227
POB. NO: 6958, Kathmandu
E-Mail: rsbranch@gmail.com
Web: www.radiosagarmatha.org
On Air Date: 9/2/2054

Radio Sahara 104.2 MHz | 100 Watts
Kamalamai Sanchar Saharkari Sanstha Ltd.
Sikhar Tole-6, Sindhuli
Phone(s): 047-520961, 520962
E-Mail: radiosahara@gmail.com
On Air Date: 22/2/2067

Radio Sailung 104.0 MHz | 250 Watts
Human Rights Awarness and Development Center
Chari Ghang, Bhimeshwor, Charikot-1, Dolakha
Phone(s): 049- 421812, 421812 | Fax: 421812
E-Mail: rsailung@gmail.com
On Air Date: 31/5/2065

Radio Sanskriti 98.2 MHz
Sanskriti Trust Guthi
Gaur Nagarpalika-5, Rautahat

Radio Shepherd 88.4 MHz | 50 watts
Mission Nepal Network
Dhulikhel-5, Chwache, Kavre
Phone(s): 011-490884 | Post Box: 21076, Kathmandu
Email: shepherdfm@gmail.com
On-Air Date: 2/2/2068

Radio Simara 106.0 MHz | 100 Watts
Hamro Samaj Jagaran Abhiyan
Simara-3, Bara
Phone(s): 053-521106, 521306
E-Mail: radiosimara@gmail.com
On Air Date: 22/7/2066

Radio Sindhu 105.0 MHz | 100 Watts
Samaj Rupantar Tatha Manav Bikash Kendra
Melamchi-2, Sindhupalchowk
Phone(s): 011-620396, 620397
E-Mail: sindhuradio@gmail.com
On Air Date: 19/3/2066

Radio Sindhuligadhi 92.0 MHz | 500 Watts

Manav Bikash Tatha Watawaran Samrakshan Kendra
Kamalamai-6, Ratmata Height, Sindhuli
Phone(s): 047-520617, 520618 | Fax: 520618
E-Mail: sindhuligadhifm@gmail.com
On Air Date: 9/9/2064

Radio Sungava FM 107.0 MHz | 100 Watts

Bardibas Sanchar Sahakari Sanstha
Gauridada, Gauribas-2, Mahottari
Phone(s): 044- 550571, 550572 | Fax: 550771
E-Mail: sungavafm@yahoo.com
On Air Date: 26/12/2065

Radio Tarang 107.0 MHz | 100 Watts

Mahila Balbalika Tatha Samaj Kalyan Sangh Nepal
Bauhari, Ramgadawa-2, Parsa
Phone(s): 9725142176
E-Mail: radiotarang2009@gmail.com
On Air Date: 8/10/2066

Radio Thaha Sanchar 99.6 MHz | 1000 Watts

Bindhyawashini Media Pvt. Ltd.
Hetauda-9, Lamsure Height ,Makwanpur
Phone(s): 057- 524720, 524721| Fax: 524710
POB. NO: 76, Makwanpur
E-Mail: thahasanchar99.6@gmail.com
Web: www.thahasanchar.com
On Air Date: 7/11/2064

Radio Tinlal 88.6 MHz | 100 Watts

Evergreen Sunapati Media Pvt.Ltd.
Manthali Bazaar-4, Ramechap
Phone(s): 048-540125, 540086
Email: radiotinlal@yahoo.com
On Air Date: 06/01/2067

Radio Today 91.0 MHz | 1000 Watts

Janakpur Today Sanchar Samuha
Mills Area, Janakpur-1, Dhanusha
Phone(s): 041-527491, 521491 | Fax: 527691
Post Box: 91, Dhanusha
E-Mail: radiotoday91@gmail.com
On Air Date: 29/3/2064

Radio Trishuli 105.6 MHz | 30 Watts

Rural Communication Co-operative Ltd.
Nilkantha-5, Puchhar Bazaar, Dhading
Phone(s): 010- 520960, 520961| Fax: 520961
E-Mail: radiotrishuli@gmail.com
On Air Date: 21/9/2064

Radio Upatyaka 87.6 MHz | 100 Watts

Narayan Pariwar Club
Teku-12, Kathmandu | POB. NO: 4314, Kathmandu
Phone(s): 01- 4223671, 4249446 | Fax: 4223671
E-Mail: radioupatyaka@yahoo.com
Web: www.radio876.org
On Air Date: 4/4/2064

Rajdevi FM 93.2 MHz | 1000 Watts

Rajdevi Bikash Samaj Nepal
Gaur-3, Rautahat
Phone(s): 055- 520377, 521129 | Fax: 521672
E-Mail: rajdevifm93.2@gmail.com
On Air Date: 24/2/2067

Rautahat FM 90.8 MHz | 500 Watts

Gramin Purwadhar Jana Chetna Samaj
Bidhyapati Nagar, Gaur-5, Rautahat
Phone(s): 055- 5200015, 521395 | Fax: 521365
E-Mail: rautahatfm@gmail.com
Web: www.rautahatfm.org
On Air Date: 22/11/2064

Samudayik Radio Darpan 88.4 MHz | 250 Watts

Samudayik Sachetana Kendra
Gauribas-2, Gauridada, Mahottari
Phone(s): 044-550575
E-Mail: radiodarpan.darpan@gmail.com
Web: www.radiodarpan.org
On Air Date: 27/11/2065

Samudayik Radio Sarlahi 105.6 MHz | 100 Watts

Samudayik Sanchar Sahakari Sanstha Limited
Hariwon-9, Hariwon, Sarlahi
Phone(s): 046-530617, 530515 | Fax: 530617
E-Mail: radiosarlahi@yahoo.com
Web: www.radiosarlahi.org | SMS: 4343
On Air Date: 18/2/2066

Samudayik Radio Shakti FM 103.4 MHz | 100 Watts

Shree Mahila Gharelu Samaan Utpadak Tatha Bitarak Hetauda Nagarpalika, Birendrapath-4, Makwanpur
Phone(s): 057- 526138, 526139
E-Mail: shaktifm103.4mhz@gmail.com
On Air Date: 17/3/2067

Sanskar FM 88.8 MHz | 100 Watts

Shanti Media Pvt. Ltd.
Kalaiya, Bhawanipur-4, Bara
Phone(s): 053- 551874, 551875 | Fax: 551875
E-Mail: info@sanskarfm.com | Web: www.sanskarfm.com
On Air Date: 26/12/2065

Star FM

Star FM Pvt. Ltd.
Madhya Baneshwor-10, Kathmandu
Phone(s): 01- 4465875, 4465873 | SMS: 2952
Post Box: 8551, Kathmandu
E-Mail: starkhabar@gmail.com
Web: www.starfm.com.np
(more on Annex II)

Synergy FM 91.6 MHz | 2000 Watts

Synergy FM Pvt. Ltd.
Synergy Road, Bharatpur-10, Chitwan
Phone(s): 056¬- 526916, 526917 | Fax: 526111
E-Mail: synergyfm@wlink.com.np
Web: www.synergyfm.com.np
On Air Date: 26/7/2058

T.U. FM 107.0 MHz | 100 Watts

Tribhuwan University (Central Department of Mass Communication & Journalism)
Ratna Rajya College, Pradarsani Marg, Kathmandu
Phone(s): 01-4223706
E-Mail: tufm107@gmail.com
On Air Date: 23/5/2067

Times FM 90.6 MHz | 500 Watts

Valley FM Pvt. Ltd.
Chabahil, Ganeshthan, Kathmandu | SMS: 3636
Phone(s): 01- 4462465, 6209509 | GPO: 8975
E-Mail: fmtimes@wlink.com.np
Web: www.timesfm906.com
On Air Date: 1/1/2060

Ujyaalo 90.0 Network | 500 Watts

Communication Corner Pvt. Ltd.
Jawalakhel, Ujyaalo Ghar, Shanti Chowk, Lalitpur
SMS: 5566
POB. NO: 6469 Kathmandu
Phone(s): 01-5551716, 5000138, 5000171 | Fax: 546277
E-Mail: info@unn.com.np | Web: www.unn.com.np
On Air Date: 22/6/2063

Youth FM 96.8 MHz | 500 Watts

Voice of Youth Pvt. Ltd.
Kumarigal, Chabahil-7, Kathmandu
Phone(s): 01- 4469933, 4463134
E-Mail: youthfmnepal@gmail.com
Web: www.youthfm.org
(more on Annex V)

Afno FM 104.8 MHz | 100 watts

Human Development & Community Service
Okhaldhunga-2, Panityanki, Okhaldhunga
Phone(s): 037-520345 Fax: 037-520345
Email: afnofm@gmail.com
On Air Date: 15/10/2065

Amurta FM 91.6 MHz | 500 Watts

Radio Amurta Pvt. Ltd.
Triyuga-2, Gaighat, Udayapur
Phone(s): 035- 420801, 420802, 420803 | Fax: 420305
Email: radioamurta916@gmail.com
On Air Date: 18/10/2065

B FM 91.2 Mhz | 500 Watts

Birat Shree Media Network Pvt. Ltd.
Shanti Chowk, Biratnagar-7, Morang
Post Box: 204, Biratnagar
Phone(s): 021- 533471, 534290, 534293, Fax: 532508
SMS: 4321
Email: bfm912.brt@gmail.com | Web: www.bfm912.com
On Air Date: 9/10/2063

Bhorukawa FM 92.8 MHz | 250 Watts

Mithila Janasewa Kendra
Rajdevi Road, Rajbiraj-4, Saptari
Phone(s): 031- 523303, 5217167
Email: bhorukawa92.8@gmail.com
Web: www.bhorukawafm.org
On Air Date: 17/10/2065

Birta FM 105.0 MHz | 100 watts

Kankai Network Pvt. Ltd
Anarmani-3, Birtamod-3, Jhapa
Phone(s): 023-540839, 544180 Fax: 541632
Email: birtafm@yahoo.com
On Air Date: 7/6/2066

Dantakali FM 88.5 MHz | 100 Watts

Dharan Media Pvt. Ltd.
Pashupati Marg, Dharan-13, Sunsari
Post Box: 68, Dharan, Sunsari
Phone(s): 025-525122, 533288 | Fax: 533288 | SMS: 7373
E-Mail: marketing885@gmail.com
Web: www.dantakalifm.com
On-Air Date: 7/2/2066

Eagle FM 99.2 MHz | 500 Watts

Yaakthumhang Media Pvt. Ltd.
Lakkhan Marg, Phidim-1, Panchthar
Phone(s): 024-520557
E-Mail: eaglefm2010@yahoo.com
On-Air Date: 16/7/2067

FM Mechi Tunes 96.8 Mhz | 500 Watts

Bishwanath Connection Pvt. Ltd.
Ittabhatta, Mechinagar-12, Jhapa
Phone(s): 023- 562508, 563265, 563266 | Fax: 563266
Email: mechitunes@yahoo.com
Web: www.mechitunes.com
On Air Date: 29/3/2064

Ganatantra FM 95.1 MHz | 500 Watts

People Media Center Nepal
Kalyanchowk, Dharan-11, Sunsari
Phone(s): 025- 533012, 532232 | Fax: 533012
Email: gfmmarketing@gmail.com
On Air Date: 2/8/2062

Gurans FM 107.5 MHz | 100 Watts

Laligurans Sanchar Griha Pvt. Ltd.
Chandani Chowk, Khandbari-1, Sankhuwasabha
Phone(s): 029-560960, 560961 | Fax: 560961
E-Mail: guranshfm@gmail.com
On-Air: 10/4/2068

Haleshi FM 102.4 MHz | 250 Watts

Halesi Information and Communication Cooperation Ltd.
Diktel-3, Khotang
Phone(s): 036-420486, 420583
Email: fmhalesi@gmail.com
On Air Date: 18/10/2065

Ilam FM 93.0 Mhz | 500 Watts

Maipokhari Sanchar Sahakari Sanstha Limited
Sikhar Nagar, Illam-2, Ilam
Phone(s): 027- 520769, 521482 | Fax: 520769
Email: ilamfm93mhz@gmail.com | Web: www.ilamfm.org
On Air Date: 31/1/2064

Jagriti FM 87.9 MHz | 100 Watts

Sahayog Aviyan Nepal
Biratnagar-2, Tinpaini, Morang
Phone(s): 021-440937 | Post Box: 165, Biratnagar
E-Mail: jfmbrt@yahoo.com
On- Air: 20/4/2067

Kanchanjungha FM 92.6 MHz | 1000 Watts

Kanchanjungha FM Pvt. Ltd.
Anarmani-3, Birtamod, Jhapa
Phone(s): 023- 542611, 543565 | Fax: 542612
Email: kanchanjungha_fm@yahoo.com
Web: www.kanchanjunghafm.com
On Air Date: 21/7/2059

Khandbari FM 105.8 Mhz | 100 Watts

Khandbari Bachat Tatha Rin Sahakari Sanstha Limited
Khadbari-1, Buddha Tole, Sankhuwasabha
Phone(s): 029- 560520, 560521 | Fax: 560521
Email: khandbarifm@gmail.com
On Air Date: 11/7/2064

Koshi FM 94.3 MHz | 500 Watts

Koshi FM Pvt. Ltd.
Biratnagar-9, Morang | Post Box: 246, Morang
Phone(s): 021-440293, 440292, 536134 | Fax: 440292
Email: connectkoshifm@yahoo.com
On Air Date: 1/10/2057

Nagarik FM 107.5 MHz | 100 Watts

Nagarik Adhikar Manch
Mechianchan Hospital, Bhadrapur-4, Jhapa
Phone(s): 079- 520168, 520277 Fax: 520880
Email: nagaricfm107.5@gmail.com
On Air Date: 19/7/2067

Namaste FM 107.2 MHz | 1000 Watts

Purwanchal Media Pvt. Ltd.
Itahari-1, Sunsari | POB NO: 111, Itahari
Phone(s): 025- 586941, 586942 | Fax: 586943
Email: namastefm@gmail.com
Web: www.namastefm.com
On Air Date: 15/2/2065

Nepal Bani FM 94.9 MHz | 1000 Watts

Ilam Samudayik Sanchar Kendra
Mala Path, Ilam-1, Ilam
Phone(s): 027- 521507, 520415
Email: r.nepalbani@gmail.com
On Air Date: 16/10/2064

Pathibhara FM 93.6 MHz | 1000 Watts

Pathibhara FM Pvt. Ltd.
Bhrikuti Chowk, Damak-10, Jhapa
Phone(s): 023- 584604, 584605, 584606 | Fax: 584607
Email: pfm93.6mhz@gmail.com
Web: www.pathibharafm.org
On Air Date: 5/9/2063

Phoolwari Community Radio 105.4 MHz 100 watts

Gramin Mahila Bachat Tatha Rin Sahakari Sanstha Limited
Grameen Chowk, Grameen-10, Lahan N.P. Siraha
Phone(s): 033-561015 Manjula Giri 9851002015
Email: radio.phoolwari00@gmail.com
On Air Date: Shrawan 16/4/2065

Popular FM 99.5 MHz | 500 Watts

Sunsari Media Pvt. Ltd.
Ji.Bi.Sa Road, Inaruwa-7, Sunsari | Post Box: 7, Inaruwa
Phone(s): 025- 561801, 561800, 560831 | Fax: 560427
SMS: 4343
Email: popularfm99.5@gmail.com
Web: www.popularfm.net
On Air Date: 21/8/2064

Radio Chhinnamasata FM 101.4 MHz | 250 Watts

Samaj Sewa Yuwa Kendra
Main Road, Rajbiraj-7, Saptari | SMS: 7799
Phone(s): 031- 521068, 521488 | Fax: 521488
Email: chhinnamastafm@yahho.com
Web: www.radiocfm.org
On Air Date: 3/10/2066

Radio Dhankuta 106.2 MHz | 100 Watts

Health Education and Development Nepal (HEAD)
Chuliban, Dhankuta N.P. Dhankuta
Phone(s): 026-521458
Email: fm_dhankuta@yahoo.com
On Air Date: 6/12/2065

Radio Dudhkoshi 94.6 MHz | 500 Watts

Sagarmatha Ekikrit Bikash Kendra
Salleri-5, Solukhumbhu
Phone(s): 038- 520349, 520350, 520351 | Fax: 520349
On Air Date: 9/9/2064

Radio Eakata 94.6 MHz | 250 Watts

Shree Samudayik Sanchar Eakata Sahakari Sanstha Ltd.
Campus Chowk, Lalbandi-8, Sarlahi
Phone(s): 046-501594, 5011595 | Fax: 501503
Email: radioeakata@yahoo.com
On Air Date: 12/7/2067

Radio Fikkal 90.6 MHz | 500 Watts

Radio Fikkal Pvt. Ltd.
Sanchar Gaun, Fikkal-5, Ilam
Phone(s): 027- 540188 | Fax: 540477
Email: radiofikkal_90.6mhz@yahoo.com
On Air Date: 17/9/2064

Radio Ganatantra FM 95.1 MHz | 500 Watts

People Media Center Nepal
Kalyanchowk, Dharan-11, Sunsari
Phone(s): 025- 532231
Email: smganatantra@gmail.com
ganatantranews@gmail.com
On Air Date:

Radio Laligurash 105.2 MHz | 100 Watts

Online Media
Dhankuta, Hile Nagarpalika-1, Dhankuta
Phone(s): 026-540540, 540541
E-mail: laligurash_fm@yahoo.com
On-Air: 14/7/2067

Radio Makalu 102.1 MHz | 500 Watts

Community Media Pvt. Ltd.
Hatkhola, Biratnagar-11, Morang
Phone(s): 021-523390
E-mail: radiomakalu@yahoo.com
On-Air: 30/3/2067

Radio Makalu 92.2 MHz | 500 Watts

Samudayik Bikashka Lagi Sanchar Nepal
Dadagaun, Dhankuta-7, Dhankuta
Phone(s): 026- 521451, 521452, 521453
Email: radiomakalu@yahoo.com; radiomakalu@gmail.com
On Air Date: 1/1/2066

Radio Menchayayem 102.6 MHz | 100 Watts

Menchayayem Sanchar Sahakari Sanstha Limited
Myanglung, Terathum
Phone(s): 026-460694, 460689 | Fax: 460689
Email: mradio@yahoo.com
On Air Date: 11/10/2064

Radio Okhaldhungha FM 105.6 MHz | 100 watts

Radio Okhaldhunga Pvt. Ltd.
Okhaldhungha-2 Ramailo Danda, Okhaldhunga
Phone(s): 037-520456, 690382
Email: radio.okhaldhunga@yahoo.com
radio.okhaldhunga105.6@gmail.com
Web: www.radiookhaldhunga.com
On Air Date: 26/7/2065

Radio Pariwartan 89.4 MHz | 100 Watts

Gramin Sanchar Bikash Pratisthan
Itahari-5, Pachrukhi, Sunsari | Post Box: 151, Itahari, Sunsari
Phone(s): 025-582196, 582195 | Fax: 582196 | SMS: 7799
Email: news@radiopariwartan.org.np
Web: www.radiopariwartan.org.np
On Air Date: 29/10/2066

Radio Purbanchal FM 104.4 MHz | 100 Watts

Digo Bikash Samaj
Biratnagar-16, Panchali, Morang
Phone(s): 021- 525105, 440193, 440192 | Fax: 440194
Email: radiopurbanchal@gmail.com | ssdbrt@gmail.com
On Air Date: 13/6/2064

Radio Salhesh FM 88.8 MHz | 100 Watts

Bhaluwahi Samudayik Aadhyan Kendra
Bhalwahi Chowk, Siraha
Phone(s): 033-520888 | Fax: 520888 | POB. NO: 5, Siraha
E-Mail: radiosalhesh88.8mhz@gmail.com
On Air Date: 14/9/2066

Radio Samagra 107.8 MHz | 100 Watts

Samagra Jana Uthan Kendra
Nayabazar, Lahan-6, Siraha
Phone(s): 033-561550, 560012 | Fax: 033-561019
Email: radiosamagra@gmail.com, www.radiosamagra.info
On Air Date: 23/4/2067

Radio Sandesh 103.9 MHz | 100Watts

Surunga Samudyaik Pustakalaya
Surunga-5, Jhapa
Phone(s): 023-550648 023-550654
Email: radiosandesh@gmail.com
On-Air: 14/1/2068

Radio Sunakhari 102.6 MHz | 100 Watts

Sunakhari Media Pvt. Ltd.
Bhaudaha, Itahara-3, Morang
E-Mail: radiosunakhari@gmail.com
On-Air: 20/2/2068

Radio Sunrise 105.9 MHz | 500 Watts

Purbanchal Sanchar Pvt. Ltd.
Bhadrapur Road, Urbashichowk, Anarmani-4, Jhapa
Phone(s): 023-544003, 540422 | Fax: 540422
P.O.Box- 13, Jhapa 4422
Email: hamrosunrisefm@gmail.com
www.radiosunrise.org
On Air Date: 1/1/2067

Radio Suseli 106.3 MHz | 100 Watts

Ekata Media Pvt Ltd.
Indrapur-3, Birat Chowk, Morang
Phone: 021- 546408, 546409 Fax: 546409
Email: info@radiosuseli.com, www.radiosuseli.com
On-Air: 19/7/2067

Radio Tamor 102.0 MHz | 250 Watts

Topkegola Samaj Sewa Samiti
Dokhu-9, Taplejung
Phone(s): 024- 460564, 460565 | Fax: 460564
Email: radiotamortpj@gmail.com | SMS: 7799
On Air Date: 15/10/2064

Radio Taplejung 94.0 MHz | 500 Watts

Environment Conservation and Development Forum
Vintuna, Jaubari-4, Taplejung
Phone(s): 024- 460464, 460598 | Fax: 460464
Email: radiotaplejung@gmail.com
Web: www.radiotaplejung.com
On Air Date: 1/10/2067

Radio Triyuga 104.0 MHz | 100 Watts

Sagarmatha Suchana Tatha Sanchar Sahakari Sanstha Limited
Triyuga-2, Gaighat, Udayapur
Phone(s): 035- 420767, 690675 | Fax: 420767
Email: triyuga_fm@yahoo.com
On Air Date: 20/6/2064

Radio Udayapur 102.4 MHz | 100 Watts

Mahila Shasaktikaran Swrot Kendra
Triuga, Nawa Ydaya Tole-16, Udayapur
Phone(s): 035- 421236, 421237
On Air Date: 16/2/2066

Ramailo Community Radio 100.6 MHz | 100 Watts

Good Governance Club Co-ordination Committee
Birendra Park, Okhaldhunga-6, Okhaldhunga
Phone(s): 037- 520474, 520475 | Fax: 520475
Email: ramailoradio@gmail.com
On Air Date: 27/2/2067

Rupakot Radio 105.0 MHz | 100 Watts

Rupakot Suchana Tatha Sanchar Sahakari Sanstha Limited
Mude, Diktel-6, Khotang
Phone(s): 036- 420373, 690128, 420573 | Fax: 036- 420573
Email: rupakottoradio@gmail.com, www.rupakot.com
On Air Date: 1/1/2064

Samad FM 102.6 MHz | 100 Watts

Friends of Nature
Krishna Tole, Lahan-1, Siraha
Phone(s): 033- 561007, 693330 | Fax: 561007
Email: fm.samad.np@gmail.com
On Air Date: 4/10/2064

Samudayik Radio Chomolungma 98.6 MHz 100 Watts

Chomolungma Sanchar Sahakari Sanstha Ltd.
Kafle-9, Bhojpur
Phone(s): 029-420555, 420485
Email: cfmbhojpur@gmail.com
On Air Date: 24/11/2066

Samudayik Radio Saugat 88.1 MHz | 100 Watts

Madhesh Media Mission Nepal
Atithimarg, Lahan-7, Siraha
Phone(s): 033- 561640
Email: radiosaugat@gmail.com
On Air Date: 11/6/2067

Saptakoshi FM 105.6 MHz | 100 Watts

Saptakoshi Media Pvt. Ltd.
Biratnagar-6, Bhrikuti Marg, Morang
Phone(s): 021- 536645 | Fax: 536645
Email: skfm90mhz@gmail | Web: www.skfm.com.np
On Air Date: 29/3/2061

Saptakoshi FM 90.0 MHz | 1000 Watts

Saptakoshi Media Pvt. Ltd.
Itahari-8, Biratnagar Line, Sunsari
Phone(s): 025- 580277, 580266, 583026 | Fax: 582689
Email: skfm90mhz@gmail | Web: www.skfm.com.np
On Air Date: 29/6/2058

Saptarangi FM 101.6 MHz | 500 Watts

Saptrarngi FM Pvt. Ltd.
Thana Road, Damak-11, Jhapa
Phone(s): 023- 584626, 584926, 584927 | Fax; 584927
Email: saptarangifm@gmail.com
On Air Date: 8/1/2064

Seemana FM 106.9 MHz | 100 Watts

Sangam Sanchar Pvt.Ltd.
Gaunbikash Danda, Mechinagar-10, Jhapa
Phone(s): 023-563602, 563620
Email: seemanafm106.9@gmail.com
On Air Date: 23/2/2068

Sky FM 106.6 MHz | 100 Watts

Sky FM Pvt. Ltd.
Bhrikuti Chowk, Biratnagar-6, Morang
Post Box: 259, Biratnagar
Phone(s): 021- 536645, 536646 | Fax: 536645
Email: skyfm106.6@gmail.com
On Air Date: 27/7/2064

Solu FM 102.2 MHz | 500 Watts

Young Star Club
Dorpu Bazar, Salleri-7, Solukhumbu
Phone(s): 038- 520016, 690177, 520212 | Fax: 520356
Email: solufm@gmail.com | Web: www.solufm.org.np
On Air Date: 11/5/2061

Sumhatlung FM 104.2 MHz | 100 Watts

Sumhatlung Sanchar Sahakari Sanstha Limited
Phidim-4, Gadhi, Panchthar
Phone(s): 024- 520262, 520263 | Fax: 520263
Email: newssfm@yahoo.com
Web: www.sumhatlungfm.com
On Air Date: 5/10/2067

UK FM 106.8 MHz | 100 Watts

UK FM Pvt Ltd
Katari-4, Udaypur
Phone(s): 035-450324 | Fax: 450324
E-Mail: ukfm106.8@gmail.com
On- Air: 19/1/2068

Vijayapur FM 98.8 MHz | 1000 watts

Bijayapur Media Group Pvt. Ltd.
Sainik chowk, Dharan-10, Sunsari
Phone(s): 025-520944, 532732, 532733 | Fax: 532735
Email: vijayapurfm@gmail.com
On Air Date:26/5/2065

Radio Nepal - Annex I

Region	Station	Transmitter	Frequency
Eastern	Ilam	1000 Watts	100.0 MHz
Central	Khumaltar, Lalitpur	3000 Watts	100.0 MHz
	Birgunj, Parsa	1000 Watts	100.0 MHz
	Hetauda, Makwanpur	100 Watts	98.0 MHz
	Bharatpur, Bharatpur	1000 Watts	103.0 MHz
Western	Jomsom, Jomsom	10 Watts	100.0 MHz
	Daunne, Nawalparasi	2000 Watts	100.0 MHz
	Resunga, Gulmi	2000 Watts	100.0 MHz
Mid Western	Humla HQ	50 Watts	100.0 MHz
	Khalanga, Jumla	100 Watts	100.0 MHz
	Manma, Kalikot	250 Watts	100.0 MHz
	Murma Top, Mugu	250 Watts	100.0 MHz
	Juphal, Dolpa	250 Watts	100.0 MHz
	Bijaura, Dang	1000 Watts	98.0 MHz
Far Western	Buditola, Kailali	1000 Watts	103.0 MHz
	Darchula	500 Watts	98.0 MHz
	Bajhang	500 Watts	98.0 MHz

Star FM - Annex II

Region	Station	Transmitter	Frequency
Central	Madhya Baneshwar, Kathmandu	500 Watts	95.2 MHz
Eastern	Bijayapur, Dharan	500 Watts	95.6 MHz

Radio Kantipur - Annex III

Region	Station	Transmitter	Frequency
Central	Pulchwok, Lalitpur	1000 Watts	96.1 MHz
	Bharatpur, Chitwan	1000 Watts	96.1 MHz
	Birgunj, Parsa	1000 Watts	96.1 MHz
Far Western	Dhangadi, Kailali	1000 Watts	101.8 MHz
Mid Western	Nepalgunj, Banke	1000 Watts	101.8 MHz
Western	Pokhara, Kaski	1000 Watts	101.8 MHz
	Rupandehi, Bhairawa	1000 Watts	96.1 MHz
Eastern	Sunsari, Bhedetar, Dhankuta	10000 Watts	96.1 MHz

Image FM - Annex IV

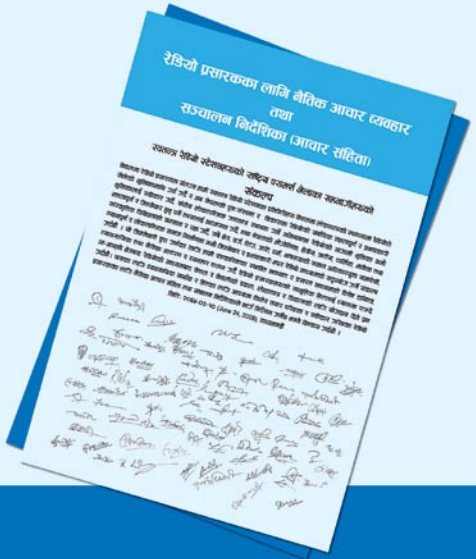
Region	Station	Transmitter	Frequency
Central	Lazimpat, Kathmandu	1000 Watts	97.9 MHz
	Bharatpur, Chitwan	500 Watts	97.9 MHz
	Birgunj, Parsa	500 Watts	97.0 MHz
Mid Western	Nepalgunj, Banke	500 Watts	97.9 MHz
Western	Pokhara, Kaski	500 Watts	97.9 MHz
	Rupandehi, Bhairawa	500 Watts	97.9 MHz
Eastern	Bhedetar, Dhankuta	500 Watts	97.9 MHz

Youth FM - Annex V

Region	Station	Transmitter	Frequency
Central	Chabahil, Kathmandu	500 Watts	96.8 MHz
	Barabise Bazar, Sindhupalchowk	100 Watts	96.8 MHz
	Bharatpur, Chitwan	100 Watts	96.8 MHz
	Ghantaghar, Birgunj, Parsa	100 Watts	96.8 MHz
Eastern	Bhedetar, Namje, Dhankuta	100 Watts	96.8 MHz
Mid Western	Dhamboji Chowk, Nepaljung, Banke	100 Watts	96.8 MHz
Western	Simalchaur, Pokhara, Kaski	100 Watts	96.8 MHz

रेडियो प्रसारकका लागि
नैतिक आचार व्यवहार तथा सञ्चालन निर्देशिका
(आचार संहिता)

Radio Broadcasters'
Code of Conduct & Operation Guidelines



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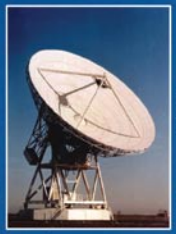

स्याटलाईट सर्भर
अप लिंक

वर्ल्डस्पेस
एशियास्टार स्याटलाईट

सूचना प्रविधि/मल्टिमेडिया सम्बन्धन

बि. पि. एल. रिसिभर

द्रुत ईन्टरनेट सेवा

ल्यापटप
कम्प्यूटर

डि. बि. आई. अडियो

स्थानीय एफ एम
तथा रेडियो नेपाल
पुनः प्रसारण

डिजिटल कार्यक्रम
निर्माण

मल्टिमेडिया

सामूहिक आवश्यकता

पृष्ठपोषण

सहभागी श्रोता समूह